



Tucson Community Supported Agriculture Newsletter

August 15, 2006 – Issue 49

Summer 06
Week 11 of 13

This Week's Harvest

Melon
Trucker's Delight white corn
Garlic
Red Knight bell peppers
Choice of basil or lemongrass
Roasted AZ-20 green chiles
Green beans
Pecans

What Our Members Are Cooking

Melon and Tomato Salad
Roasted Corn and Black Bean Salsa

Still have some hot chiles left over from last week? Try this:

Chiles en Escabeche (Pickled Chiles)
Jalapeño Jelly

More recipes online.



Farmer Frank and his harvesting crew

TCSA Organizer
Philippe Waterinckx

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We welcome your comments, suggestions, and questions.

www.TucsonCSA.org

Renew Now for our Fall Session

ATTENTION: DEADLINE IS SEPTEMBER 1st BUT WE MIGHT FILL UP BEFORE THAT.

Only two more weeks left in the summer session! This fall, we can look forward to continued late-summer vegetables such as melons, okra, roasted chiles, tomatoes and summer squash, as well as the first harvests of butternut and acorn squash, Red LaSoda and Yukon Gold potatoes, Beauregard sweet potatoes, onions, garlic, apples, pears, turnips, beets, tepary beans, braising greens, mustard greens, Red Russian kale, arugula, and salad greens—and you can be guaranteed a few delightful surprises along the way.

The fall session begins **September 5** and runs for **13 weeks**, through **November 28**. **Subscribe by September 1** to benefit from the full-session rate of \$17 per week (total **\$221**). Goat cheese subscriptions will be offered again for an additional \$30.

After the September 1 deadline, subscriptions will be prorated as usual at \$18 per week. We are pleased to report that we are getting close to maximum membership capacity, so **renew early to secure your share!** The *Arizona Daily Star* will be publishing a story about us on August 23, and we have no idea what kind of response the story will generate, but as always **subscriptions will be sold on a first-come, first-served basis**. There is no need to complete a contract form if you are renewing. More subscription details are available online at www.tucsoncsa.org.

Thank you to each and every one of our subscribers for your continued support of Tucson Community Supported Agriculture. Without your support, we wouldn't exist. We're thrilled that you've spread the word and shared the bounty and the goodness of our harvests with your friends, neighbors, and coworkers. We look forward to a bountiful autumn harvest.

Starting This Fall: Monday Pickup Available

Starting September 5, we will allow members to pick up their shares on the same day as Farmer Frank delivers our produce, from 4:00 to 7:00 pm on Monday afternoons, in addition to our regular Tuesday pick-up hours. If the Monday afternoon pick-up proves popular, we'll replace the Tuesday afternoon pick-up with the Monday afternoon pick-up time in order to provide you with maximum-possible freshness, as soon as possible after harvest. Tuesday morning hours (7:30 am to 1:00 pm) will remain in effect.

Farm Field Update: No Rain in Glendale, Too Much Rain in Duncan

While Farmer Frank's field in Glendale has had no rain all summer, his Duncan field has had too much of it, which has affected the melons. The melons are more fragile due to overwatering, and hence bruise more easily and sometimes develop soft spots. Please just work around these—the flavor and the quality of the melon are just as good as ever.

Organic Apple? Check. But Is It Local?

As mega-retailers such as Wal-Mart jump on the organic food wagon, organic agriculture is growing into a huge agribusiness. Even foods which are labeled "organic" are shipped thousands of miles to market. National Public Radio featured a good and short piece about the rising interest in local foods on its August 4 "All Things Considered" show. You can hear it at www.npr.org/templates/story/story.php?storyId=5618390.

Melon and Tomato Salad

Chad Weiler, TCSA member

½ melon, diced into 1-inch cubes (or, to get fancy, you can use a melon baller)

1 pound tomatoes, diced into 1-inch cubes

¾ cup chopped fresh mint, basil, or lemon basil

Olive oil

Balsamic vinegar

Combine melon, tomatoes, and mint in a bowl. Season with salt and pepper. Drizzle with olive oil and balsamic vinegar.

Roasted Corn and Black Bean Salsa

Chad Weiler, TCSA member

I like to serve this salsa over carne asada tacos.

2 ears corn

¼ to ½ pound dried black or tepary beans or 1 15-ounce can, drained

1 to 2 Jalapeño chiles or chile of choice, chopped finely

½ cup cilantro

Olive oil

1. If using dried beans, soak for 8 to 10 hours or, preferably, overnight. After soaking, drain and cover by 2 inches with fresh water. Bring water to a boil over high heat. Once boiling, reduce to medium-low and simmer for one hour or until beans are tender. If desired, add salt to water during last 5-10 minutes of cooking. Drain and cool to room temperature.
2. Grill the corn: Pull back the husk and remove the silk. Then wrap the husk back around the corn and place it in cold water for 30 minutes to prevent the husk from burning when you grill it. Grill over medium heat, turning occasionally, 15 to 20 minutes. Cut corn off cob into large bowl and cool to room temperature.
3. Combine beans, corn, chile, and cilantro, and season with salt and pepper. Drizzle with olive oil and serve.

Variations: Sometimes, if I want the salsa to be a bit smoky, I add about 1 to 2 teaspoons of ground cumin (I start with one and add more to taste). For an even more interesting mix, you can add about a teaspoon of cinnamon. I also sometimes roast the chile on the grill while I am grilling the corn, which also adds a smoky flavor.

Chiles en Escabeche (Pickled Chiles)

Amy Schwemm, TCSA member

Fleshy types of chiles with thin skins, such as Jalapeño, Serrano, and *güero* (“yellow hots,” or the Santa Fe Grande, which we received last week) work better in this recipe than long chiles with thinner walls.

Fresh chiles

Vinegar, either cider or distilled

Salt (non-iodized)

Extras:

Carrot

Onion

Garlic

Mexican oregano

Cut slices of onion, garlic and carrot. Chiles can be left whole with stems, or seeded and sliced. Mix vinegar and water in equal parts, making enough brine to cover the chiles easily. Pour the brine into a non-reactive pot, adding 1 teaspoon salt for every 4 cups of brine. Bring to a boil, and cook veggies for 1 to 3 minutes (allow more time for whole chiles, less for sliced). **Do not let the chiles get soft!** Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in the brine, and refrigerate. Will keep up to one year.

Jalapeño Jelly

Lorraine Glazar, TCSA member

This recipe has become a traditional holiday gift for many of my friends, who tell me they look forward to it! Even though I grow my own hot peppers, I still look forward to more from the CSA. Our CSA peppers are more substantial and meatier than the ones I grow myself. I use peppers to season just about everything: I throw one into a pot of soup, add it to the gumbo I am making, etc.

While this recipe has much more sugar than I usually care to eat, remember that jelly is a condiment, to be used sparingly. The jelly makes a great holiday gift and is excellent for cooking—use as a glaze for poultry or fish for something really different and Southwestern.

¼ cup ground Jalapeño chiles, seeds removed

1-1/2 cup ground sweet bell peppers

6-1/2 cups sugar

1-1/2 cups cider vinegar

1 bottle liquid fruit pectin

Combine all ingredients except fruit pectin, bring to a boil, and allow to boil for 3 minutes. Remove from heat and strain off liquid. Return liquid to kettle and bring to a boil. Stir in fruit pectin and continue boiling and stirring for 1 minute or until jelly stage is reached. Remove from heat and pour into hot sterilized jars (see note below). This jelly is lovely as it is, but feel welcome to add one or two drops of food coloring to each jar to achieve a deeper red or green color.

Variation: After straining the liquid, put a half-cup of pepper bits back into the jelly.

Note: If you’ve never preserved any foods by canning, don’t be intimidated! The large amounts of sugar and vinegar ensure that it won’t spoil. “Hot sterilized jars” can come from the dishwasher, or you can put a dish towel in a soup pot and set the jars on that, covered in water, to sterilize. Do use canning jars with a two-part lid—local hardware and grocery stores carry them in various sizes.